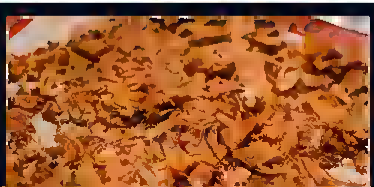
COOKING COMICALLY

YOU'RE PROBABLY DROOLING A LITTLE BIT, THINKING "MMMM I LOVE ME SOME SLOW ROASTED PORK..."

AND THEN I'M LIKE "THAT'S NOT PORK"

AND MAYBE YOU'RE LIKE, "OH, WELL BBQ CHICKEN IS GREAT TOO..."



WELL IT'S NOT THAT EITHER

IT'S NOT MEAT AT ALL

IT'S NOT EVEN ONE OF THOSE WEIRD SOY MEAT SUBSTITUTE THINGS

THIS IS A FRUIT!

IT'S F#@!IN' GLUTEN-FREE, VEGAN, ORGANIC, FREE-RANGE, FAIR TRADE--

ALL THAT S#!%!

SO STOP BY THAT ASIAN MARKET THAT YOU'VE PASSED A MILLION TIMES, BUT NEVER BEEN IN, PICK YOURSELF UP SOME JACKFRUIT, INVITE YOUR VEGGIE FRIEND OVER FOR DINNER AND PREPARE TO LAUNCH THEIR MIND THROUGH A BRICK WALL

JACKFRUIT BBQ SANDWICHES

MAKES: 6

DIFFICULTY

MISTAKING IT FOR THE REAL THING

BY TYLER CAPPS

INGREDIENTS

JACKFRUIT STUFF

SEASONING STUFF

GARLIC POWDER

OREGANO

COLESLAW STUFF

200g ~7 OZ
VEGAN MAYO

½
AVOCADO

½ A LIME'S WORTH
LIME JUICE

80g ⅓ CUP
VEGAN MAYO

TO TASTE
HOT SAUCE

7g ½ TBSP
SUGAR

BEGIN

AND DRYING THE JACKFRUIT AS WELL AS YOU CAN

THEN CHOP IT INTO SMALLER PIECES

SLICE IT FROM THE CENTER OUTWARD TO HELP BREAK UP THE CORE FOR EASIER MASHING LATER

SEASONING STUFF

15g	3g	3g	
1 TBSP	1 TSP	½ TSP	A DASH
BROWN SUGAR	CHIPOTLE POWDER	PAPRIKA	CUMIN

A DASH	A DASH
GARLIC POWDER	OREGANO

THEN MAKE THE SEASONING BY ADDING ALL OF THIS TO A BOWL

AND MIXING WELL

40ml
3 TBSP
VEGETABLE OIL

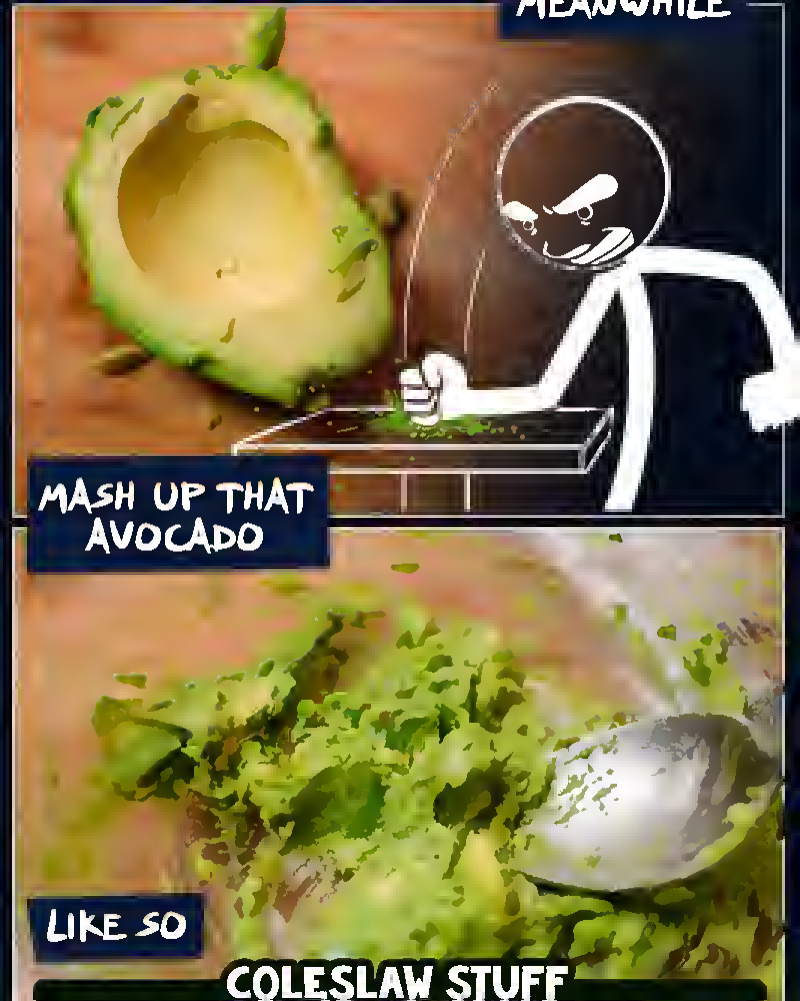
HEAT THE OIL ON MEDIUM HEAT

AND ONCE HOT DUMP IN THE CHOPPED JACKFRUIT

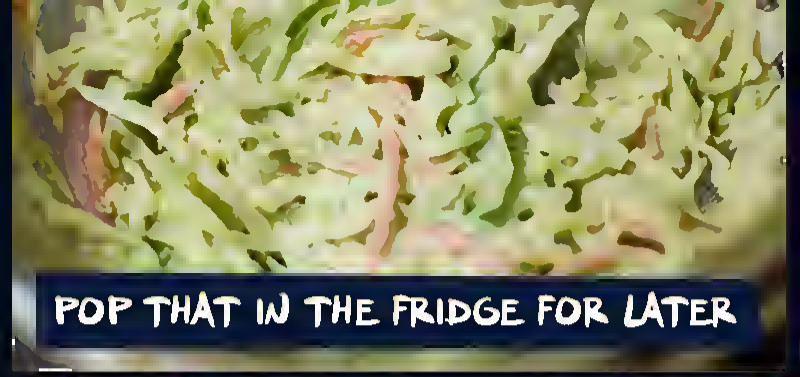
AND THE SEASONING
AND MIX AND COOK FOR ABOUT 5 MINUTES

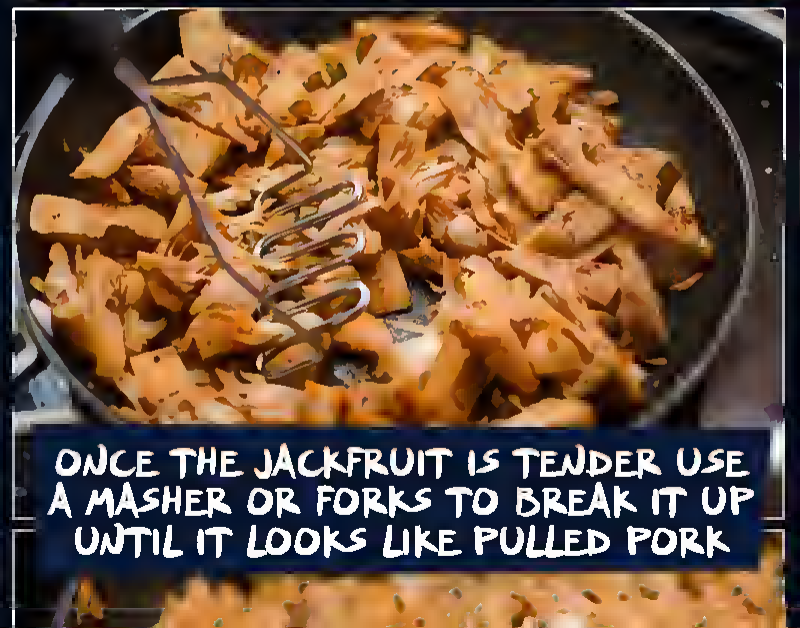
THEN ADD A SPLASH OF WATER, REDUCE THE HEAT TO LOW AND COVER

SIMMER FOR 10 MINUTES STIRRING OCCASIONALLY

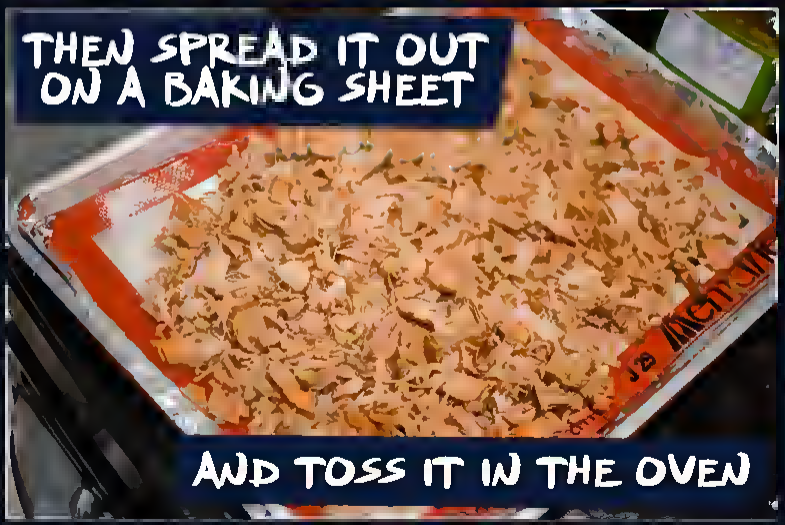

MEANWHILE
MASH UP THAT AVOCADO
LIKE SO
COLESLAW STUFF

200g
~7 OZ
VEGAN MAYO
½
AVOCADO
½
A LIME'S WORTH
LIME JUICE
80g
⅓ CUP
VEGAN MAYO
TO TASTE
HOT SAUCE
7g
½ TBSP
SUGAR
THEN ALL OF THE COLESLAW STUFF GOES INT A BOWL
AND GETS MIXED UP

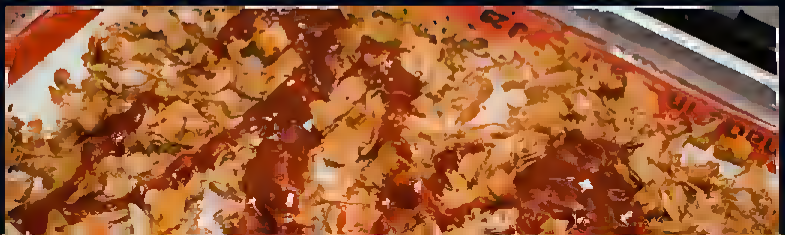

POP THAT IN THE FRIDGE FOR LATER


ONCE THE JACKFRUIT IS TENDER USE A MASHER OR FORKS TO BREAK IT UP UNTIL IT LOOKS LIKE PULLED PORK

IT REALLY LOOKS LIKE PULLED PORK...


THEN SPREAD IT OUT ON A BAKING SHEET
AND TOSS IT IN THE OVEN

BAKE @ 400°F (200°C) -20 MINUTES



AFTER ABOUT 20 MINUTES GET THE JACKFRUIT OUT AND ADD THAT BBQ SAUCE

MIX IT UP AND POP IT BACK IN THE OVEN FOR ABOUT 10 MORE MINUTES

Cow Launcher
x985

LOOKING GOOD...
GET THAT SLAW OUT OF THE FRIDGE, SANDWICH IT UP

THE NOTES

- From everything I read while researching this recipe it is very important to use the young green jackfruit. They make many kinds so keep a sharp eye when looking for it.

- You can do this from scratch, but jackfruit is enormous and it can be a long and sticky process to cut it all up. Best of luck to you if you choose that route.

- Some regular grocery stores in the US may have the canned jackfruit, but I (and my girlfriend(thanks!)) had to track it down in an Asian market.

- Use whatever kind of BBQ sauce you like, but the young green jackfruit already has a bit of

SWEETNESS TO IT, SO USING A LESS SWEET KIND WOULD BE ADVISED.

- THE TASTE ISN'T AN EXACT REPLICA LIKE THE LOOKS, BUT IT IS VERY GOOD IN IT'S OWN RIGHT AND A GREAT SUBSTITUE.

- THE GAMES IN THE SCREENSHOTS ARE FLASHBACK: THE QUEST FOR IDENTITY, AND EARTHWORM JIM. OLDIES, BUT GOODIES.

- AND A BIG THANKS TO NICK AND MARIA FOR TURNING ME ONTO THIS RECIPE.

AND AS ALWAYS

THANK YOU FOR READING

PLEASE CONSIDER SUPPORTING ME ON
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